

Masters
Ssunday AM (LCM)
2023-01-15

Advanced/Intermediate level

Equipment: Board/PB/Fins - Optional for main set

400 SKPS

2x

200 FINS Kick @ 4:00-4:30

3x50 @ 1:10-1:20 {1xFLY, 1xBK, 1xBR as 25: Drill + 25: Swim}

150 FR @ 3:30

:60R

3x

6x50 @ 1:20-1:30 {1x15F!, 1x25F!, 1x35F!}

400 FINZ {FR sw} @ 7:00

:60R

